

CALM & CLEAR

self-clearing rituals
for peace and protection

30-DAY PRACTICE TRACKER



heaven [☼] on call ©

GUIDANCE FROM BEYOND. HEALING FROM WITHIN.

(FOR PERSONAL USE ONLY)

BEGINNERS
EDITION

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30-day tracking table

PRACTICE WITH LOVE PRACTICE WITH INTENTION.

DAY	PRACTICE 1		PRACTICE 2		PRACTICE 3		SITUATIONAL OPTIONS		JOURNALING PROMPTS	
1	Morning Shield	○	Waterfall of Light	○	Evening Release	○	Truth Check - Brush Down - Phone-In-Hand Reset - Tap-Water Rinse	○	Two honest lines - what shifted in my body or mood today	○
2	Arrival Protocol	○	Light Boundary	○	Before I Lay Me Down to Sleep	○	Thirty-Second Doorway - Inbox Reset - Mirror Reset - Corridor Walk Reset	○	What did the boundary change, and where did I feel it	○
3	Morning Shield	○	Love Time with Yourself	○	Evening Release	○	Stealth Clear In Company - Scroll Unhook - Tap-Water Rinse - Headphones Off	○	One moment of kindness to self, and its effect	○
4	Arrival Protocol	○	4-7-8 Breath	○	Evening Release	○	Truth Check - Phone-In-Hand Reset - Fresh-Air Doorway - Bathroom Reset	○	How did my nervous system respond One physical sign	○
5	Morning Shield	○	Waterfall of Light	○	Return with Love	○	Brush Down - Inbox Reset - Mirror Reset - Cubicle Reset	○	What fell away that was not mine One example	○
6	Arrival Protocol	○	Digital Arrival	○	Closing a Digital Session	○	Phone-In-Hand Reset - Scroll Unhook - Headphones Off - Tap-Water Rinse	○	One choice that kept my field clean online	○
7	Morning Shield	○	Nature Reset	○	Evening Release	○	Fresh-Air Doorway - Corridor Walk Reset - Stairwell Breath - Car-Seat Reset	○	What the land showed me One true thing	○
8	Arrival Protocol	○	Light Boundary	○	Home Peace Walk	○	Brush Down - Mirror Reset - Tap-Water Rinse - Thirty-Second Doorway	○	Where peace increased at home Noted change	○
9	Morning Shield	○	Waterfall of Light	○	Love Time with Yourself	○	Truth Check - Phone-In-Hand Reset - Inbox Reset - Stealth Clear In Company	○	What softened in my chest or jaw	○
10	Arrival Protocol	○	4-7-8 Breath	○	Before I Lay Me Down to Sleep	○	Corridor Walk Reset - Mirror Reset - Tap-Water Rinse - Fresh-Air Doorway	○	What I'm grateful for, and what eased because of it	○
11	Morning Shield	○	Pre-Contact Consecration	○	After Contact Release	○	Stealth Clear In Company - Truth Check - Brush Down - Tap-Water Rinse	○	How the dynamic shifted Which virtue I chose	○
12	Arrival Protocol	○	Digital Arrival	○	Closing a Digital Session	○	Inbox Reset - Scroll Unhook - Headphones Off - Phone-In-Hand Reset	○	One residue I cleared at the end	○
13	Morning Shield	○	Salt Bath/Shower Clear	○	Evening Release	○	Tap-Water Rinse - Brush Down - Return with Love - Mirror Reset	○	Where space returned in my body	○
14	Arrival Protocol	○	Waterfall of Light	○	Light Boundary	○	Thirty-Second Doorway - Fresh-Air Doorway - Corridor Walk Reset - Bathroom Reset	○	What boundary sensation was most noticeable	○
15	Morning Shield	○	Love Time with Yourself	○	Home Peace Walk	○	Truth Check - Brush Down - Mirror Reset - Tap-Water Rinse	○	One thing I blessed, and how it felt afterwards	○
16	Arrival Protocol	○	4-7-8 Breath	○	Evening Release	○	Phone-In-Hand Reset - Inbox Reset - Scroll Unhook - Headphones Off	○	What calmed first, breath or thoughts	○
17	Morning Shield	○	Nature Reset	○	Before I Lay Me Down to Sleep	○	Fresh-Air Doorway - Corridor Walk Reset - Stairwell Breath - Car-Seat Reset	○	One sensory detail that steadied me	○
18	Arrival Protocol	○	Waterfall of Light	○	Return with Love	○	Brush Down - Tap-Water Rinse - Mirror Reset - Thirty-Second Doorway	○	What I returned with love and what I kept	○
19	Morning Shield	○	Light Boundary	○	Digital Arrival	○	Phone-In-Hand Reset - Inbox Reset - Scroll Unhook - Headphones Off	○	What I chose not to open, and why	○
20	Arrival Protocol	○	Love Time with Yourself	○	Evening Release	○	Truth Check - Stealth Clear In Company - Mirror Reset - Corridor Walk Reset	○	A kind sentence I spoke to myself today	○
21	Morning Shield	○	4-7-8 Breath	○	Home Peace Walk	○	Brush Down - Tap-Water Rinse - Fresh-Air Doorway - Bathroom Reset	○	Which room softened most Note the sign	○
22	Arrival Protocol	○	Waterfall of Light	○	Before I Lay Me Down to Sleep	○	Thirty-Second Doorway - Mirror Reset - Corridor Walk Reset - Car-Seat Reset	○	What tension dropped away by night	○
23	Morning Shield	○	Pre-Contact Consecration	○	After Contact Release	○	Truth Check - Stealth Clear In Company - Brush Down - Tap-Water Rinse	○	What I gave back with love What returned to me	○
24	Arrival Protocol	○	Digital Arrival	○	Closing a Digital Session	○	Phone-In-Hand Reset - Inbox Reset - Scroll Unhook - Headphones Off	○	One boundary I held with screens today	○
25	Morning Shield	○	Salt Bath/Shower Clear	○	Evening Release	○	Brush Down - Tap-Water Rinse - Return with Love - Mirror Reset	○	Body sensation before and after the salt	○
26	Arrival Protocol	○	Light Boundary	○	Night-Time Reset	○	Fresh-Air Doorway - Corridor Walk Reset - Bathroom Reset - Thirty-Second Doorway	○	How sleep or rest changed	○
27	Morning Shield	○	Nature Reset	○	Home Peace Walk	○	Stairwell Breath - Car-Seat Reset - Mirror Reset - Tap-Water Rinse	○	Where clarity rose most, inside or around me	○
28	Arrival Protocol	○	Weekly Review	○	Evening Release	○	Truth Check - Return with Love - Brush Down - Tap-Water Rinse	○	Fed me - Drained me - Release now - Choose next	○
29	Morning Shield	○	Altar of Light Renewal	○	Before I Lay Me Down to Sleep	○	Pre-Contact Consecration - Distance Blessing - Mirror Reset - Fresh-Air Doorway	○	Whom or what I blessed. What eased.	○
30	Arrival Protocol	○	Monthly Review	○	Evening Release	○	Light Boundary - Waterfall of Light - Digital Arrival - Closing a Digital Session	○	What changed most in 30 days, and what I will keep next month	○

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